

MENTORS SESSION GUIDE

DAY 25

INTENTION

- Continue the check-in started last session and/or
- De-brief the extended parts check-in,
- Review list of parts, wants (mission), emotions, requests

CHECK-IN

Please check-in using PEMS and Mission. *[mentee and mentor check in]*

INTRODUCTION

Today, we will continue the extended Check-in with your parts that we started last session. When finished we will de-brief this extended check-in. We'd also like to record this session. What are your time limits for today?

Thank you, please let me know when you are ready for the induction.

INDUCTION

Find a comfortable position. Close your eyes. Take a few deep breaths, exhale slowly, allow yourself to relax with every breath.

Take a few more deep breaths, exhaling even slower now. With every breath, allow your consciousness to move into your body.

Take another deep breath and let it out even more slowly. Relaxing even further. Fully moving your consciousness into your body. Becoming one with your body.

As you start to breathe normally now, find yourself relaxing more and more, going deeper and deeper down into an even more relaxed state. Note any sensations in your body, any images, messages or insights that may come up.

Once noted, let all that go for now, as you continue to breathe normally.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now. You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time. As you embrace this feeling of relaxation, allow some image from your Sacred Space to come up.

As you focus on this image you may find it expanding and you may find yourself in your Sacred Space. Now take one more deep breath and as you release this breath, become completely aware and present in your Sacred Space.

Take a look around and be aware of any changes that may have occurred since the last time you were here. Simply take note of them for now. Notice if the parts of you that you invited in previously are there. If not, invite them to come in now.

INNER CIRCLE EXTENDED CHECK-IN

Ask your Higher Self if it is OK for you to continue the extended check-in with all your parts. Ask your Higher Self if they have any suggestions or concerns about this process. If OK to proceed, please ask all your parts to form a circle for this check-in. When they are ready, ask if any part, who hasn't check-in yet, would like to go first.

PART CHECK-IN

Ask if they'd like to start their check-in with how they are feeling and anything they'd like to share with you right now. Please share what they say out loud if that's OK with you.

Ask them what they want most for themselves and for you.

Ask them if they have or would like a mission statement for themselves as a part of you.

Ask if there is something you could do to help them live their mission.

Ask what their primary emotion is. Ask if there is something else they'd like to share with you.

Optional: Ask your part if you could merge with them and see your Sacred Space and all your parts through their eyes.

If OK, merge with you're the part and take as much time as you want experiencing this feeling and perspective. You may share your experience out loud or simply take it in for now.

Let me know when you feel complete with this. When complete, step back out and again share how that was for you.

When complete, say your thanks and add anything else you want to say.

Ask which part would like to go next.

(For each part repeat the above check-in.)

PERSONAL ASSISTANT DE-BRIEF

When all the parts are complete, you may want to share with them your thoughts on what you heard them say and anything else you want to say to feel complete.

Ask your Personal Assistant part to come forward and add anything they'd like to share about what they heard, and any main themes or key follow-ups that they want to mention now.

When complete, thank your assistant and add anything else you want in order to feel complete with this process.

CLOSURE & RETURN

When complete, say goodbye for now and allow yourself to slowly come back to this time and place.

Know that you'll remember everything you need to remember about today's experience and that you'll be feeling refreshed and having more energy than previously.

Start moving your fingers, your legs, arms and slowly open your eyes and be fully back in your room.

DE-BRIEF (time permitting)

How was that for you? What stands out for you after hearing from all your parts?

Did you notice any pattern in what they shared?

What are the main messages you received?

Which actions do you want to plan to honor their suggestions and requests?

Is there anything else you need to feel complete for today?

Thank you. Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Draw Inner Circle and note what each part shared today.

Make a note of your plans to follow-up on this check-in.